



Chronic Illness Resources on Mental Health

These mental health resources have been compiled specifically for children, parents, and teachers to increase the mental health resources available for children and their families dealing with chronic illness.

Resources for Children with Chronic Illnesses and Their Families:

CHILDREN RESOURCES:

Band-Aides and Blackboards: Information for children and teens about living with a chronic illness.

- Children: <http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/index.html>
- Teens: <http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/contteen.html>

Starbright Organization (empowering children with serious illnesses)

- <https://www.starbright.org/>

PARENT RESOURCES:

Center for Parent Information and Resources (English and Spanish)

- <https://www.parentcenterhub.org/resourcelibrary/>

TASK – Orange County: Helps support families with children with disabilities, with a particular focus on education, also sponsors workshops. Has information in different languages.

- <https://taskca.org/services/> (866) 828-8275

ARCH National Respite Network and Resource Center

- <https://archrespite.org/>

TEACHER/PARENT/CHILDREN RESOURCES:

KidsHealth – has many resources for parents, teens and younger children as well as teachers about health-related topics, many are also in Spanish.

- <https://kidshealth.org/en/kids/>